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Santa Fe Families

On their way

As you the soldiers and families of the 35th ID prepare for deployment to Bosnia it is very import that you and your family members are fully prepared for mobilization. After many planned briefings, checklists, pamphlets, and regulations were given out; I know you must be overwhelmed by the amount of information and facts. There could not possibly be anything that has been missed; but just in case, keep in mind that you are not alone. Each unit who has any soldiers deploying will have a Family Readiness Coordinator that will be able to assist you. If your Family Coordinator cannot assist you she will direct you to someone who can or

directly to the 35th ID Family Readiness Office. I know this must be a very scary and trying time for everyone but keep in mind that the Army takes care of its own. We are one big family. No matter where you are, you will not be forgotten for the sacrifice you are making in supporting your love ones for this important mission.

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Family Readiness Groups

Family Readiness Groups are dependent family and community volunteers who form an organization used to support the soldiers' families in time of deployment and keep a cohesive organization during non-deployment. Every family member and significant other is invited to become a member of their units Family Readiness Group.

The Family Readiness Group does not have an operating budget; therefore, participation from family members is very important. Your help will support various activities, such as fundraisers, family programs etc.

The Kansas National Guard has a very active and cohesive Family Program with activities for everyone including youth. If you are interested in becoming an active participant in your Family Readiness Group or the Kansas National Guard Family Program please get with your Family Volunteer Coordinator of your unit, which is listed on page 6.

Stages of Deployment



*Where in the world is
Bosnia*

As our soldiers prepare to deploy, it is important that we are aware of the task and jobs that must be performed during deployment. The more we are informed the less anxiety we experience. The Phases of deployment are as confusing and tense to our soldiers as they are to us. There are five Phases of deployment, each equally important, and require the support of the entire family to ensure our soldiers are fully prepared for deployment.

Phase I is called the Planning Stage. Soldiers are working on the Planning Stage of deployment each time they come to drill. They are ensuring logistics are established, individual and personnel are prepared for possible deployment, and a Family Readiness Group is put into place.

Phase II is the Alert Phase where units receive notice of pending mobilization order. Units begin preparation for entry

on active duty. All phase I and phase II are completed upon alert.

Phase III is Home Station. During this phase units complete the transition to active duty status and prepare for movement to the Mobilization Station. Advanced party is dispatched while equipment and supplies are inventoried. Personnel rosters are updated.

Phase IV is the Mobilization Station. They complete cross-level checks on equipment, personnel, complete preparation for deployment - packing, crating, containerizing equipment, and complete passenger/cargo manifest.

Phase V is Port of Embarkation. Hazardous material is packed, labeled and segregated, equipment is verified and marked. Update passenger/cargo manifest. After all the Phases are completed.

AWAY THEY GO!!!

Communication Communication Communication

As the 35th Division Command Chaplain I first want to thank you for reading and thinking about the many issues raised in this Santa Fe Families Newsletter. Deployment to Bosnia raises a lot of concerns for everyone. Here are three things I hope are helpful to you.

When soldiers are deployed there are many changes due to the sheer logistics of moving so many people. Orders change, situations change, deployments change and national and international situations change. Don't be surprised by change. As a matter of fact be ready for a number of changes, some of which may surprise you.

Communication between family members is so important. Email is an excellent mode to use to organize your thoughts and to systematically share

with each other. Before you talk on the telephone, make a written list of the things that you want to discuss with your military family member. When you hang up, you will feel like you accomplished several issues and you won't have the subliminal frustration of thinking, "oh, I wish I had told him/her that." If you feel an urgent need to talk face to face with your loved one, contact HHC by phone and ask about setting up a VTC conference for 5-10 minutes. You can do this no matter which one of the 18 states you are from that make up SFOR 13. Please pray for the 35th Infantry Division and all of the officers and soldiers in the subordinate units. Prayer not only rallies the power of the Omnipotent, it connects you with your deepest emotions and enables you to "let go"

and trust a loving Creator to bear your burdens. Virtually every world religion encourages human beings to pray and then to be still and to trust before the Eternal. Thank you for your payers for us, and be assured that many of us are praying for you as well.

May the peace of a loving Lord, Creator, and Friend be with you always.

Chaplain (Colonel) Ron Cobb,
35th Infantry Division, Fort
Leavenworth, Topeka, Kansas
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Chaplains Corner

In this first Family Support Newsletter chaplain article I want to tell you of the tremendous help that 2LT Christina Bowser and SSG Ternilia Myers can be to you about the various issues in your life that will take place while your family member is in Bosnia. My staff of Chaplain (Lieutenant Colonel) Don Davidson, MSG Rob Shull, and SGT Andrew Conklin, and myself will each try to assist you and your family member with any religious, family, or personal support we can give you while we are in Bosnia. You will also be able to contact Chaplain (Major-P) Larry Parrish, Rear Area Detachment Chaplain while we

are in Bosnia through the Division HHC on similar home-front issues. I want to thank LTC Fredricks, Rear Area Detachment Commander, for making it possible for VTC (direct video) contact with your loved one while we are overseas. There are VTC's located in every one of the 18 states from which our soldiers are being deployed.

Chaplain (Colonel) Ron Cobb, 35th Infantry Division (Mech), Fort Leavenworth,
Kansas ronald.lee.cobb@us.army.mil



*A Family that prays together
stays together!!!*



Safety Practices for Spouses when left behind

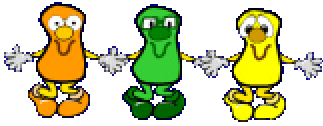
- Build a support system. This is a list of people who you can rely on to assist you in a time of need (i.e. family, friends, neighbors, etc).
- Have broken locks, windows, doors, lights and hazards promptly repaired.
- Have a trusted neighbor or friend call or visit from time to time.
- Don't carry the burden of the responsibility by yourself. Rely on your Support System for help, even if it is just to vent some steam.

OBSCENE PHONE CALLS

The number of wives who receive obscene or bothersome phone calls while their husbands are gone is hard to say. We do know, however, that it is an occasional problem. It's never a secret when your partner is out of town. The type of phone calls reported by the telephone company, police, and the wives themselves cover a wide range. Some have reported calls informing them of a death or injury to a member of the family as "joke." Others are set up to get you out of the house such as a call asking you to come to your child's school. The most common calls come from children and are harmless but annoying. There have been a few threats to the wives or a member of the family.

Con't on page 6

KIDS FUN FACTS



<http://www.kidzone.ws>

Why do leaves turn color in autumn?

That's a very exciting question -- with an equally exciting answer! Inside a leaf there are millions of little packages of color in green, yellow and orange.

- ☐ The green packages are called chlorophyll
- ☐ The yellow packages are called xanthophyll
- ☐ The orange packages are called carotene.

In the summer, the green chlorophyll packages are very, very busy. The green packages in the leaves catch sunlight and, using it for energy, they change water from the ground and a special gas from the air ("carbon dioxide") into sugar ("glucose"). This sugar is the food for the tree. All summer long the green chlorophyll produces food for the trees. Because the green chlorophyll is so busy, the green color covers up all of the other colors in the packages. The green packages, known as chlorophyll, in the leaves must have the water from the ground to do their job. The water is soaked up by the trees roots, travels up the trunk and enters the leaves through tiny tubes in the leaf's stem. As fall approaches, the weather

grows colder. The tree realizes that winter is near and begins to get ready. A thin layer of cells grows over the water tubes in the leaves and closes them up in preparation for the winter. No more water can get into the leaf! Without the water, the green chlorophyll starts to disappear and the other colors in the leaf -- the yellow xanthophyll packages and the orange carotene packages -- can finally be seen. The leaves don't really "turn" a certain color -- they just lose their green. Well... that explains yellow and orange.

But why are some leaves red or purple?

Remember when we talked about the cells building a wall to cover over the tubes in the leaf's stem so the water couldn't get in anymore? The sap in the trees uses the same tubes to carry the sugar around to feed the rest of the tree. When the wall covers the tubes, sometimes sugar gets trapped inside the leaf. This sugar may cause the sap to turn red or purple. And this makes the leaves look red or purple

What about brown leaves?

The brown leaves are easy to explain. When the leaves stop having water flow into them and food made inside them, they start to die. The green chlorophyll dies first, but the yellow and orange packages die too. When all of the packages are gone, the leaf is dead and brown. The

dead leaves are usually dry and crunchy.

What about the trees that don't change color?

There are two types of trees -- deciduous trees and evergreen trees. Deciduous trees are the ones we've been talking about. They change their leaf colors and lose their leaves in the autumn to prepare for the winter. Evergreen trees stay green all year long. Their leaves are tough, green "needles". The needles don't freeze in winter and they don't lose water as quickly as other kinds of leaves. By holding onto the water inside them, they stay alive and green -- even in the winter!

Crafts and Fun Recipes

Sand Tart Cookies Ingredients:

1/2 pound butter (no margarine) (softened)
4 cups flour
2 cups sugar
3 eggs -use 1 egg white for the glaze
1 teaspoon vanilla
1-1/4 teaspoon salt

Place softened butter in large bowl. Add the sugar, and cream well. Add the 2-1/2 eggs and mix well. Add salt and vanilla, and then gradually add the flour while stirring the mixture. When well mixed, place the cookie dough in the refrigerator overnight. Roll the dough out and cut into shapes with a cookie cutter. Beat the remaining egg white and brush onto the cookies. Sprinkle sugar over the cookies and bake on a cookie sheet for 8 minutes in a 350 degree oven.

These are really good cookies!

YMCA ART & WRITING CONTEST TO GIVE AWAY OVER \$7000 IN SAVING

The Armed Services YMCA announced its ninth annual art contest in support of Military Family Month, which will be in November. A winner is picked from each service and is awarded a \$500 U.S. Saving Bond. In addition the winner's artwork will be featured on the Military Family Month 2003 poster, sponsored by GEICO Direct. Second place winner receives a \$100 U.S. Savings Bond. Students of Military families in kindergarten through sixth grade are eligible to enter. The contest deadline is January 27, 2003. Drawing should be in color, on 8.5 by-11 inch paper. Larger entries may be disqualified. Entries should depict the student's military family. Please do not identify members on the drawing.

The essay contest seeks readers who can write about why they love to read.

The contest promotes reading among military children and teens. One \$500 first place and one \$100 second place bond will be awarded in categories for first and second grade; third and fourth grade; fifth and sixth grade; and seventh and eighth grade. Students in two high school categories, ninth and 10th, and 11th and 12th, will be awarded \$1000 bonds for first place, and \$200 bond for second place.

Students are asked to write about their favorite books, libraries, or any topic related to reading. Entries should be postmarked no later than March 17, 2003 to be eligible. For more information visit www.asymca.org or contact the Family Program office at 1-800-432-2447x9.



Be A Winner!!!

35th ID (M) Family Assistance Centers

The Family Assistance Center (FAC) provides a base of broad support to the family. The FAC is a point to coordinate available resources, such as chaplain services, American Red Cross (ARC), Veterans Administration (VA), and a host of other agencies with direct and indirect interest in assisting and supporting military families. The 35th ID (M) FAC's will also have available VTC equipment for video conferencing with spouse while overseas and web cam on computers to allow face to face viewing while communicating through email.

The 35th ID (M) currently has two Family Assistance Centers in support of SFOR 13. One is located at 2 Sherman Ave Bldg 1951 Ft Leavenworth, Kansas 66027 and is governed by 2LT Christina M. Bowser who can be reached at (913) 758-5058, email: christina.m.bowser@us.army.mil the other one is located at 111 N. Serverance St. Hutchinson, KS 67501, and is governed by SGT David Dean who can be reached at (620) 728-4249, email: tkd.dean@us.army.mil.

Family Readiness Coordinators

Name	Unit	Unit Phone	Location
CW3 Valarie Garcia	Kansas National Guard Family Readiness Coordinator	(785) 274-1171	Topeka
2LT Christina Bowser	35 Inf Div Family Readiness Coordinator	(913) 758-5058	Leavenworth
Kathi Knight	35 Inf Div Volunteer Coordinator	(931) 682-1098	Leavenworth
Michelle Laiter	35 th MP Co Volunteer Coordinator	(785) 274-1570	Topeka
Shelly Howell	1-108 AV Volunteer Coordinator	(785) 862-0774	Topeka
Debbie Stewart	35 th DIVARTY Volunteer Coordinator	(620) 728-4249	Hutchinson
Yvonne Hull	891 En Volunteer Coordinator	(620) 365-4021	Independence
Vicki Gellhaus	1-161 st Volunteer Coordinator	(316) 943-4219	Lyndon
Jeanine Bock	135 SIG BN Volunteer Coordinator	(816) 390-8910	St Joseph, MO
Gina Scrivener	635 th MI BN Volunteer Coordinator	(816) 734-0038	Kansas City, MO

Safety Practices for Spouses when left behind Con't

Here are a few suggestions that may help:

- As soon as you realize that the call is obscene a joke, or anything outside the normal HANG UP.
- If the call continues, take note: does the voice sound familiar, does the person have an accent, and does the person call you by name or seem to know who you are?
- If the phone call is a threat, the telephone company suggests that you file a report with the police.

It may be nothing, but then again, it may fit a pattern. If the phone calls are problems, call the telephone company; they may suggest a temporary change in number with no referrals. Sorry, but it's impossible for the phone company to run out and put a trace on every obscene call reported.

- You should not be forced to put up with this form of unnecessary harassment. You have a right to seek relief from such harassment.



Calendar of Events

December 2002



35 Inf Div (M)
Family Readiness Program
#2 Sherman Ave, Bldg 1951
Ft Leavenworth, KS 66027

Phone:
(913) 758-5058
Fax:
(913) 758-5055
E-Mail:

christina.m.bowser@us.army.mil



We're on the Web!

See us at:

<http://www.ks.ngb.army.mil/35ID>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 HHC, 35 th ID (M) Christmas Dinner	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Christmas Eve	25 Christmas Day	26	27	28
29	30	31 New Years Eve				